

Collard Greens

Recipe by Chef Marvin Woods

Yield: Makes 4-6 servings

Ingredients

2 tablespoon canola oil
1 cup onion med dice
4 cloves fresh garlic minced
1/4 cup smoke paprika
1 (2lbs) large bunch collard greens
1 tablespoon red pepper flakes
1 tablespoon black pepper
1 tablespoon garlic powder
2 teaspoon kosher salt

Instructions:

Wash the collard greens 3 times in a sink filled with water and remove with your hands. Remove the stems that run down the center by holding the leaf in one hand and stripping the leaf down with the other hand. The tender young leaves in the heart of the collards don't need to be stripped. Stack 6 to 8 leaves on top of one another, roll up, and slice into 1/2 to 1-inch thick slices. Place oil in a large pot over medium high heat. Add the onions and cook for 2 minutes. Add the garlic and cook for an additional minute. Add the smoke paprika, greens red pepper flakes. Cook for 25 to 30 minutes, stirring occasionally. Check seasoning, add the kosher salt if needed.



Total Nutrition Facts (per serving)

Calories:	177.7
Total Fat	8.9g
Saturated Fat	0.9g
Trans Fat	0.0g
Cholesterol	0mg
Sodium	791.1mg
Total Carb.	23.4g
Dietary Fiber	11.4g
Sugars	3.5g
Protein	7.4g